

Around 10 to 12 months

Soft chopped and mashed foods and finger foods

NIP
ALLERGIES
IN THE
Bub

Increasing food variety
More textured
First finger foods
Independent eating

- Your baby will begin to want to eat more independently. Learning to feed yourself is messy and takes lots of practise!
- Keep offering new foods even if your baby is not keen on them.
- Never force your baby to eat a food, but keep it important to keep offering foods as part of your child learning to eat.
- Start the allergy causing foods that you have not introduced yet and keep offering those that your baby is already eating.



COW'S MILK

Cottage cheese and soft fruit mixed together works well. Try grilled cheese on toast or cheese sandwiches. Offer ordinary cow's milk on cereal. Try soft cheese cut into cubes. You could also try cheese spread on bread or crackers.



EGG

Try omelettes, frittatas, French toast and homemade pikelets. Try feeding your baby an omelette chopped into fried rice.



WHEAT

Soft cooked pasta shapes such as pastini and pasta spirals can be introduced. Bread (contains soy, and sometimes sesame) offered as toast fingers or used for sandwiches. Add wheat based noodles to cooked vegetables. Make up sandwiches and cut them up. Try Weet-Bix™ cereal with milk and chopped banana.



FISH

Try homemade fish fingers, tuna sandwiches, or add tuna to a zucchini slice. Try more varieties of fish, bones removed (e.g. fresh salmon steamed). Try fish patties or a fish casserole. Tuna or salmon served with pasta, rice, noodles or cooked vegetables.



SOY

Most regular commercial bread contains soy, so try sandwiches or toast fingers. Cubed tofu can be added to noodles and cooked vegetables. Firm tofu fried in a little oil can be offered as a finger food.



PEANUT

Use smooth peanut paste in sandwiches, on toast or added to meatballs.



TREE NUTS

Use tree nut pastes in sandwiches, on toast or added to meatballs. Try adding pesto sauce containing ground up nuts to pasta. You could also use almond meal to make muffins.



SESAME

Try hummus containing tahini, spread on toast, or as a dip for soft cooked vegetables. Hummus dip made from tahini (sesame paste). Stir fry vegetables with sesame oil. Sprinkle sesame seeds on meat, cooked vegetables or rice. Use bread with sesame seeds to make sandwiches or toast.



SHELLFISH

Try crab cakes. Prawns, pan fried or steamed with noodles and cooked vegetables. Scallops, steamed and chopped and added to rice and cooked vegetables.

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